

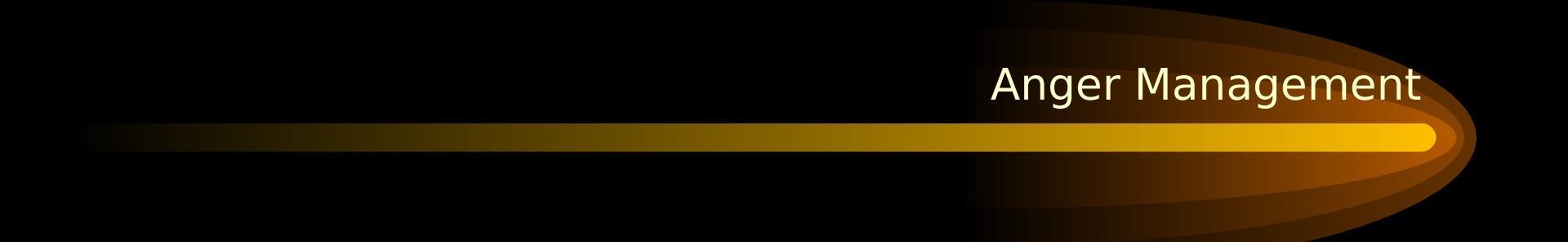


Managing Anger

Responding vs reacting

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Anger Management



- Anger is a **NORMAL** emotion
- Protects our rights and freedoms
- Says “**I AM**”
- Most difficult of human emotions

**What words do you use to
describe being angry?**

Anger Management



- constructive & destructive
- repressed anger (*anxiety, physical symptoms*)
- Behind anger is hurt
- uncontrolled - can hurt and destroy
- alcohol makes it worse

A cruel blow (verbally or physically)
once delivered,
can **NEVER** be taken back.

“Be angry but do not sin; do not
let the sun go down on your anger.”

Ephesians 4:26

We learn about anger from our families.

Was it *OK* or *NOT OK* to express anger in your house?

Anger Management



- How did your mother act when she was angry?
- How did your father act?
- How did you express anger?
- *What happened when you did?*

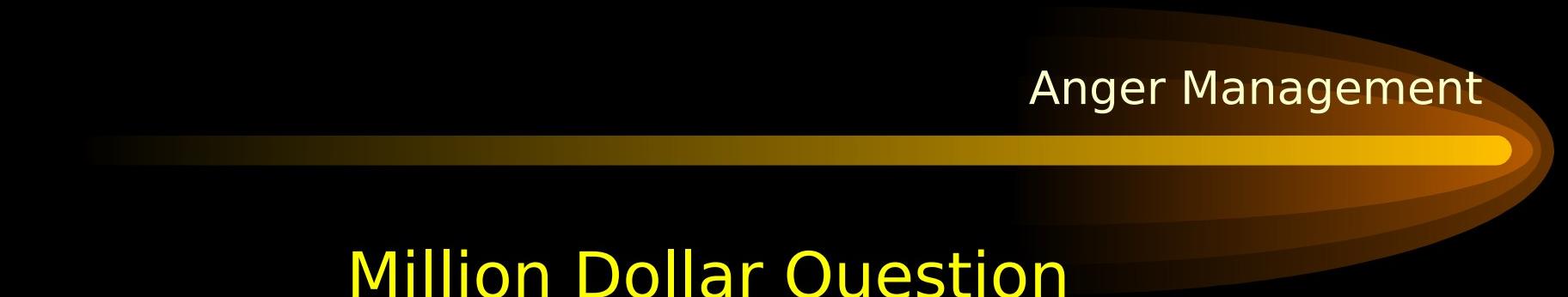
Know your anger signals . . .

How does your body feel when you are angry?

How do you act when you are angry?

Do you . . .

- Get mean and find blame?
- Act extra nice & try to please?
- Laugh and become sarcastic?
- Become withdrawn or quiet?
- Procrastinate?
- Break promises?
- Have difficulty eating & sleeping?



Anger Management

Million Dollar Question

Who makes you angry?

We make ourselves angry!

What really makes us angry is our
THINKING
about things that happen to us . . .

That is, how we *PERCEIVE* what happens
to us

Responding vs Reacting

**When you react
outward events, people, etc. *CONTROL*
YOU**

- You lose your center
- Your emotions run away
- You're out of control

Responding vs Reacting

**When you respond
your INNER SELF directs you**

- You remain centered, grounded, balanced
 - You are in control
 - You remain self-directed

We make ourselves angry through
self-angering thoughts:

HOT THOUGHTS - *cause you to react*

COOL THOUGHTS - *cause you to respond*

6 ways we make ourselves angry:

1. Labeling
2. Mind-reading
3. Fortune-telling
4. Catastrophizing
5. Shoulditis
6. Vengeance

Ways we deal with anger . . .

STUFFING

usually begins with “I” followed by statements like:

“I’m not angry or upset.” (*denial*)

“She really doesn’t mean to get me angry.”
(*sympathy*)

“I really screwed up this time.” (*low self-esteem*)

“I really don’t have a right to get angry.” (*doubting*)

“I know he’s just trying to make me angry.”
(*intellectualizing*)

Ways we deal with anger . . .

ESCALATING

escalators begin their sentences with “YOU”

“Why did **YOU** do that?”
“**YOU** made me angry!”
“**YOU** jerk!”

Escalators do just that . . .
they escalate into a major blow up

Ways we deal with anger . . .

DIRECT IT

the most difficult to do, but the most constructive

Simple Formula

I feel angry _____

I would like _____

People who communicate their anger directly:

- Get their point across
- Feel better
- Communicate better